

Yoga for the Young at Heart

Company and Professional Bibliography of Susan Winter Ward

For more information on our products, programs and Susan Winter Ward, call us at 800-558-9642, visit www.yogaheart.com or email us at info@yogaheart.com.

Yoga for the Young at Heart Products

- '04 Released video "Every Day Yoga for Every Body"
- '03 Released video "Accessible Yoga for Every Body"
- '02 Yoga for the Young at Heart, expanded and revised book, published by New World Library
- '99 "Sitting Fit"TM Interactive CD ROM & ScreenSaver with companion booklet "Sitting Fit Travel Companion"TM
- '98 "Embracing Menopause: A Path to Peace & Power"TM video
"Sitting Fit, Anytime"TM video
- '95 "Joy of Rejuvenation"TM audiotape
"Sitting Fit: Yoga Bits"TM audiotape
- '94 "Yoga for the Young at Heart"TM video
"Yoga for the Young at Heart"TM book

Yoga for the Young at Heart Awards

- '06 *International New Age Trade Show, Finalist, Visionary 2006 Award*
Coalition of Visionary Retailers' Award for "Video/DVD"
"Every Day Yoga for Every Body"
- '04 *International New Age Trade Show, First Place, Visionary 2004 Award*
Coalition of Visionary Retailers' Award for "Video/DVD"
"Accessible Yoga for Every Body"TM
- '03 *International New Age Trade Show, First Place, Visionary 2003 Award*
Coalition of Visionary Retailers' Award for "Best Self Help Book Category"
"Yoga for the Young at Heart, Accessible Yoga for Every Body"TM
- '00 *International New Age Trade Show, First Place, Visionary 2000 Award*
Coalition of Visionary Retailers' Award for "Interactive Category"
"Sitting Fit"TM Interactive CD ROM & ScreenSaver
- '00 *International New Age Trade Show, First Place, Visionary 2000 Award*
Coalition of Visionary Retailers' Award for "Video Category"
"Embracing Menopause: A Path to Peace & Power"TM

Susan Winter Ward Cover Stories/Cover Model

- Apr. '00 *Boomer Times & Senior Life*, cover photo & featured:
Yoga: A Joyful Rejuvenation
- Aug '99 *SoWell Review*, Cover Story: The Magic of Yoga: Yoga and You,
An Interview with Susan Winter Ward by Jill Love
- Aug '99 *Natural Living*, Cover Model/Cover Story: Yoga for the Young at Heart
- Feb '99 *Florida Times Union*, Senior Living Monthly Feature Section,
Cover Model/Feature: Stretching, Low Impact, Refreshing Yoga
- Sept '98 *Music Design*, New Releases cover features.
- June '98 *SageWays* Cover Model/Feature: Yoga for the Young at Heart
- Feb '96 *Yoga Journal*, Cover Model/Cover Story/Story Model:
Moving through Menopause with Yoga

Teaching and Presentations

- '08 Teaching: Ocean of Gratitude Cruise
Boomer-Living Yoga Director
The Pearl Resort, Fiji
- '07 Teaching: Ocean of Gratitude Cruise
Retirement Living TV program with Florence Henderson,
Teaching: Yoga Teachers of Colorado Conference,
Teaching: International Conference on Science & Consciousness
- '06 Presentation: AARP Convention in Los Angeles
Teaching trips to Italy, Hawaii and worldwide
- '05 Teaching: Association for Network Care, Network Chiropractic Gate,
- '04 Teaching: Association for Network Care, Network Chiropractic Gates:
Westminster, CO and Eurogate in Como, Italy
Presentation/Booksigning: Boulder Bookstore, CO
- '03 Teaching at various yoga studios and conferences internationally
- '02 National Institute for the Clinical Application of Behavioral Medicine,
Hilton Head, SC
Association for Network Care Intensives: Formica, Sicily, San Francisco, Denver
Teaching/Presenting: Western Slope Regional Senior Wellness Conference
INATS: International New Age Trad Show, Denver
Interview: "Stars" with Anita Findley, WSBR AM
Radio Interview: [A][A]Powertalk Radio WCHT AM
- '01 Teacher and partner of *Yoga at the Springs*, yoga studio, Pagosa Springs, CO
Association for Network Care, Network Chiropractic Gate,
Como, Italy and Denver, CO
Pagosa Lakes Recreation Center, Pagosa Springs, CO
Inner Voyage Cruise: Caribbean on cruise ship, Paradise
Southwest Yoga Conference, Palm Springs, CA
National Institute for the Clinical Application of Behavioral Medicine,
Hilton Head, SC
- '00 Yoga Vision 2000, Tempe, AZ
Association for Network Care, Network Chiropractic Gates,
Paris, France and Como, Italy, Denver, New Jersey
Eighth Annual Association for Network Care, Chiropractors
Conference, Estes Park, CO

American Yoga College, Mount Madonna, Watsonville, CA
Yoga Spirit 2000, Estes Park, CO
The Yoga Studio, Santa Barbara, CA
Southwest Yoga Conference, Austin, TX
International Conference on Business & Consciousness
Acapulco Princess Resort, Acapulco, Mexico
New Age Journal/Inner Voyage Cruises: New Year's Celebration,
SunSpree Resort, Kauai, Hawaii

- '99 Phoenix Holistic Health Expo, Phoenix, AZ
"Clear Day" for Scher Center For Network Care, Santa Fe, NM
Association for Network Care, Network Chiropractic Gates,
Denver, San Jose, New Jersey
New Age Journal/Inner Voyage Cruise: Caribbean
Classes for Mill Valley Yoga Center, Mill Valley, CA
Miami Beach Sports and Fitness Festival, Miami Beach, FL (Poster model)
Synergy Yoga Center, Miami Beach, FL
SageWays, Albuquerque, NM
New Age Journal/Inner Voyage Wellness Cruise: Mexico
New Age Journal: Millennium Celebration, SunSpree Resort, Kauai, HI
- '98 Eastern Central Florida Retirement Expo, Daytona Beach, FL
Home Health Nurses of Durango, Durango, CO
Menopause Symposium, So. West Women's Health Assoc, Durango, CO
Association for Network Care, Network Chiropractic Gates,
Denver, San Jose, New Jersey
Natural Lifestyles Expo, Albuquerque, NM
Womenfest, Durango, CO
Yoga Teachers of Colorado, Sima Center, Denver, CO
Whole Expo, Durango, CO
- '97 Southwest Yoga Conference, Albuquerque, NM
Whole Expo, Durango, CO
International Forum on New Science, Denver, CO.
Pagosa Lakes Recreation Center, Pagosa Springs, CO (regular classes)
- '96 Whole Planet Expo, Santa Fe, NM
Quail Run Recreation Center, Santa Fe, NM
Pagosa Lakes Recreation Center (ongoing classes), Pagosa Springs, CO
Whole Expo, Durango, CO
Whole Life Expo, Denver, CO & Los Angeles, CA
- '95 Yoga for Peace Conference, Jerusalem, Israel (3 weeks)
Whole Life Expo, Denver, CO & Los Angeles, CA
Pagosa Fitness Studio, Pagosa Springs, CO (regular classes)
- '94 Journey to India with Brian O'Leary (1 month)
(Private audiences with Mother Teresa and Sai Baba)
Pagosa Fitness Studio, Pagosa Springs, CO (regular classes)
Pagosa Lakes Recreation Center (regular classes)
- '91 to '94 Samarkand Retirement Community, Santa Barbara, CA
(regular classes)
Private studio, Coyote Road, Santa Barbara, CA (regular classes)

Retreats led by Susan Winter Ward

- '07 Feb 20 to 27: Ocean of Gratitude Cruise
June 3 to 9: Cartan Tours and BodyMind Travel trip to Hawaii
October 12 to 23: June 3 to 9: Cartan Tours & BodyMind trip to China
- '03 and ongoing Traveling and teaching in Italy, Hawaii and internationally
'00, '01, '02 "Awakening in Paradise", Pagosa Springs, CO (2 weeks/yr.)
- '99, '98 "Awakening in Paradise" Mana Le'a Gardens Retreat Center,
Maui, Hawaii (Featured in Yoga Vacations)
- '97 "Awakening in Paradise" Kalani Honua, Island of Hawaii

Articles by Susan Winter Ward (See our website for new articles)

Tears on my Mat

Beginner's Mind for Yoga Virgins, Milwaukee Yoga Magazine. Winter 2005
Embracing Menopause for Suza Francina's new book "Yoga and the Wisdom of Menopause: A Guide to Physical, Emotional and Spiritual Health at Midlife and Beyond." Spring, '03
8 Yoga Moves for Anyone, Bottom Line Personal, April, 2003
Questions & Answers, Faculty of Deepak Chopra's website, *My Potential.com*
Sitting Fit for Everyone, *Montana Senior News*, Feb/Mar '99
Yoga: A Fountain of Youth for Seniors, *Senior Wire*, Spring '98
Sitting Fit for Everyone in 1999, *Healing Retreats & Spas Magazine*, Nov '98
Healing Hearts with Yoga, *Healing Retreats & Spas Magazine*, Sept '98
What Do You Want 50 to Look Like? *Fifty Plus Magazine*, Sept. '98
What Do You Want 50 to Look Like? *Healing Retreats & Spas Magazine*, May '98
Yoga, A Fountain of Youth--Really! *Senior Times*, and *Senior Times OnLine*, Jan'98
Yoga for the Young at Heart, *Natural Way Magazine*, Nov '96
Stretches of the Week, *Body, Mind & Soul Network with Kevin Weaver*, '96
Yoga for the Young at Heart, *New World News*, columnist, '95 to '97

Contributions/Interviews

Yoga Exercises Anyone Can Do, BottomLine Health, November, 2006
Mind-Body Workouts, Humana Active Outlook, June, 06
Anti-Aging Breakthroughs ,Interview with an Expert, *Let's Live Magazine*,
Linda Nitell, for April '03
"Eight Best Yoga Moves"....by *Brian Hoffman*, *Bottom Line, Personal*, Feb. '03
"Yoga for the Young at Heart", *Personal Excellence*, Sept.2002
"Throw out the stereotypes..." *Senior Advocate*, *Dana Smith*, columnist, Jan '99
"Class Action Fitness" *Mature Outlook*, *Pamela Harding*, Oct.'99
"Yoga for the Young at Heart" *Daily Times-Call*, Sept. '98
"Beauty Beyond 50" *Jo Peddicord*, columnist (syndicated in over 40 journals) 98-99
"Yoga for All Ages and Sizes" *Senior Golfer Magazine*, *Randi Kreiger*, March '99
"Standing the Aging Process on Its Head" *Washington Post*, *Raleigh News and Observer*, *Miami Herald*, *San Jose Mercury* and others.
Karol Krucoff, columnist April '98
The Sun Times of Canada, *Robert Pitts*, Aug. '98

Reviews: See our website for up-to-date reviews: www.yogaheart.com

'01

"No Yoga Studio Nearby? Your Chair Will Do", *The New York Times*, *Videos on Health*, July
"Tension Terminator", Software Reviews, *Successful Meetings*, February
"Resources you should know about..." *Network News*, *Health Journeys*, Spring

'00

"Yoga for the Office", *Natural Health Magazine*, Nov/Dec

"Embracing Menopause", *NAPRA ReView*, Sept/Oct

"Sitting Fit Anytime: Interactive CD-ROM & Screensaver", *NAPRA ReView*, Sept/Oct

"Sitting Fit Anytime: Interactive CD-ROM & Screensaver", *Awareness Mag*, Sept/Oct

"Sitting Fit Anytime: Interactive CD-ROM & Screensaver", *New Age Retailer*, Sept

"Sitting Fit Anytime: Interactive CD-ROM & Screensaver", *Yoga Journal*, Sept-Oct

"CD-ROM Brings Yoga to the Desktop", *Worksite Health Magazine*, Spring/Summer

"Sitting Fit Anytime: Interactive CD-ROM & Screensaver", *NAPRA ReView*, Mar/Apr

'99

"Sitting Fit Anytime" & "Embracing Menopause", Video Reviews, *Awareness Magazine*,
March-April

"Yoga takes a gentler path toward fitness", *The Times-Union*, San Diego, CA, Feb

'98

"Yoga for the Young at Heart" Blue Cross of California, *Seasons*, Spring

"Yoga Makes You Young Again" Blue Cross of Colorado, *Newsletter*, Summer

"Yoga for the Young at Heart" *Boomer Times & Senior Life*, Sept

"Yoga for the Young at Heart" *Awareness Magazine*, July/August

"The Book/Video/Audio Comer" *5 Minute Bites to Health*, July/August

"Yoga for the Young at Heart" *Music Design*, July

"Yoga for the Young at Heart" *Aging News Alert*, July

'97

"Sitting Fit Yoga Bits" *Yoga Journal*, April

"Revitalize through Yoga" *Taking Care*, May

"Yoga for the Young at Heart and Sitting Fit Yoga Bits" Audiotapes, *Music Design*

'96

"New Book Taunts Benefits of Yoga" *Mature Lifestyles*, June

"Yoga for the Young at Heart" Media Review, *Total Health*, June

"Yoga May Be the Exercise You're Looking For" *Santa Barbara Newspress*, June

"Pagosa Yoga Instructor Gaining National Fame" *Pagosa Sun*, Pagosa Springs, CO

"Age Happens" *Southern California Senior Life*, April

"Santa Barbara Seniors Appear in Yoga Book" *California Senior Citizen*, March

"Yoga Offers Gentle Exercise For Seniors" *Senior World*, March

"Santa Barbara Resident Branches Out To Video" *Senior Magazine*

"Moving Through Menopause" Cover of *Yoga Journal*, Feb

(Featured on cover, in article, subscription card and brochure)

Review, *Health Video Cabinet*, Spring edition

'95

"Yoga for the Young at Heart" Book Review, *Yoga Journal*, Jan/Feb

'94

Review of the Month: "Yoga for the Young at Heart", *Senior Health Bookshelf*, Sept

"Aging Gracefully" *Billboard and Video Previews*, Oct

"Yoga for the Young at Heart", *The Bloomsbury Review*, Dec

Radio

'02 "Stars" with Anita Findley, WSBR AM

"Powertalk Radio" Interview: WCHT AM

"Interview" KGNU Radio, Boulder

'01 *Secure Retirement*, syndicated to nearly 10 million listeners

'00 *Health Talk*, KNOT with Dr. Bruce Weary

Power Health, 101.7 FM with D. Martin Rutherford

- '99 *The Barry Foster Show*, WWOJ FM, May
- '98 *Stars with Anita Findley*, Florida
Classics with Kip Allen, KHFM, Santa Fe, NM
Health Interview, with Bill Sayer, KWUF, Pagosa Springs, CO
- '96 *Gelder's Global Gig*, San Diego, CA
Jack Reed Silver Radio, KSFR, Santa Fe, NM
Allen Huttner, Transitions Radio, KBAC FM, Santa Fe, NM
- '94 *Baron von Herron*, Santa Barbara, CA

Television

- Ongoing Yoga for the Young at Heart* SFCTV-6 Half hour show, @3x/week
Santa Fe, NM
- '01 *Living it Up, Generational Loving-Learning Together*
Broward Education and Communication Network, Broward County
School Board, South Florida
- '98 *Alternatives* Albuquerque, NM
- '97 *Bridging Heaven & Earth* Santa Barbara, CA
- '94 *Key News Spotlight*, Channel 3, Santa Barbara

In-Flight

- '01 *Delta Air Lines, Domestic & International Flights, Audio Channel (Sitting Fit™)*

Susan Winter Ward Certifications

Anusara Yoga Affiliated Teacher
 Yoga of the Heart Cardiac Yoga Certification, with Nischala Devi,
 Integral Yoga, Yogaville, VA
 Thai Yoga Massage Certification, Institute of Thai Massage, Chiang-Mai, Thailand
 Insight Facilitator Training, Insight Training Seminars, Santa Monica, CA
 Advanced Techniques and Practices, White Lotus Foundation, Santa Barbara, CA
 Teacher Certification, White Lotus Foundation, Santa Barbara, CA

Susan Winter Ward Continuing Education

- '05 Anusara Yoga Training, Inner Harmony Retreat Center, John Friend
Tucson 2002 Level 1 Anusara Teacher
- '04 Anusara Yoga Training, Inner Harmony Retreat Center, John Friend
Tucson 2002 Level 1 Anusara Teacher
- '03 Anusara Yoga Training, Inner Harmony Retreat Center, John Friend
Tucson 2002 Level 1 Anusara Teacher
- '02 Tucson 2002 Level 1 Anusara Teacher Training
Phoenix 2002 Advanced Intensive
Anusara Certified Teachers Gathering, Park City, Utah
Anusara Yoga Training, Inner Harmony Retreat Center, John Friend
Anusara Training, Inner Harmony Mixed Level Retreat
Anusara Inner Harmony 2000 Advanced Retreat
- '01 Phoenix 2001, Level 3 Anusara Intensive
Anusara Certified Teachers Gathering, Park City, Utah
Anusara Yoga Therapy Training, Park City, Utah
Anusara Mixed Level Retreat, Inner Harmony

Advanced Retreat, Inner Harmony

- '00 [A] Yoga Journal's Yoga, Mind & Spirit Conference, Estes Park, CO
Southwest Yoga Conference 2000
Anusara Advanced Retreat, Inner Harmony, UT
Anusara Mixed Level Retreat, Inner Harmony, UT
- '99 Yoga Journal's Yoga, Mind & Spirit Conference, Estes Park, CO
Women's Health Conference, Kripalu, Lenox, MA
Anusara Teacher Training, Level 1, Inner Harmony, UT
Anusara Teacher Training, Level 2, Inner Harmony, UT
- '98 Yoga Journal's Yoga, Mind & Spirit Conference, Estes Park, CO
Southwest Yoga Conference, Albuquerque, NM: courses with John Friend,
Tom and Beryl Bender Birch, Eric Schiffman
Cardiac Teacher Training with Nischala Devi, Yogaville, VA
Weekend trainings with John Friend, Grand Junction, CO
Anusara Teacher Training, Inner Harmony Retreat, UT
Thai Yoga Massage Certification Course, Institute of Thai Massage,
Chiang-Mai, Thailand
- '97 Insight IV Month long Facilitator Training, Santa Monica, CA
Insight I Seminar, Santa Monica, CA
Yoga, Mind & Spirit Conference, San Francisco, CA:
Courses with Rodney Yee, Patricia Walden, Elise Miller,
Richard Freeman, and more.
American Yoga College Teachers Conference, Tucson, AZ:
Courses with Victor Van Kooten and Angela Farmer, Nischala Devi,
Rama Vernon
Weekend workshop with John Friend, Boulder, CO.
Advanced Techniques and Practices, White Lotus Foundation,
Santa Barbara, CA
International Forum on New Science, Denver, CO
- '96 Yoga Journal's Yoga, Mind & Spirit Conference, San Francisco, CA
Advanced Techniques and Practices, White Lotus Foundation, Santa Barbara
- '95 Yoga for Peace Conference, Jerusalem, Israel: Workshops with Indra Devi,
Rashmi Mayur, Amrit Desai, Larry Payne, Desikachar,
Rama Jyoti Vernon
Unity in Yoga Conference, Snowmass, CO: Courses with Liliás Folan,
John Schumacher, Gary Kraftsow, and many others
Advanced Techniques and Practices, White Lotus Foundation, Santa Barbara
- '93 Advanced Techniques and Practices, White Lotus Foundation, Santa Barbara
- '91 Teacher Training Certification, White Lotus Foundation, Santa Barbara, CA

Other Pertinent Information

- We are actively marketing on the Internet. Our web site address is: www.yogaheart.com
- Our Sitting Fit programs are included in ImagePaths.com's DeskTopSpa
- *Yoga for the Young at Heart, the book*, is available in German language
- Our videos are available in PAL and SECAM versions for foreign markets.

We are carried in the following catalogues and stores (a partial list)

As well as in numerous websites, libraries, chiropractic centers, women's health, wellness and yoga centers worldwide. Some websites also provide video streaming of our programs.

Amazon.com	Johnston County Council on Aging
At One Yoga	Library Video Company
Audio Boo Services	Lotus Light
BodyWork Central	Music Design
Book-of-the-Month Club	New Leaf Distributing
Bookpeople	Nutri Books
Boulder Book Store	Page One Bookstore
Chopra Center for Well Being	Positive Changes Hypnosis
Dharmacrafts	Professional Media Service Corp
Durango Natural Foods	Rodale Press/Prevention Book Club
ErgoWeb	Southwest Women's Health Assoc.
Gaiam, Inc (Explorations, Inner Balance, Harmony)	Stage Step
Gravity Plus	Starcrest of CA
How to Video	Square Books
Hugger Mugger	Tapeworm Distributors
Inner Harmony	Whole Foods Markets
Instructional Video	Yoga Zone
Integral Yoga Distribution	Yoga Journal